

# Supporting children to develop social competence

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's social development in lots of ways. Look at the ideas below to think about how you can make a positive impact.



## SOCIAL COMPETENCE

Children do well in social settings when they are confident, happy to try new things and can get along with their peers.

### Children learn to develop and maintain friendships by:

#### BABIES



#### TODDLERS



#### CHILDREN



### Children develop confidence and self-esteem by:



### Parents can best support children's development in social competence when they:

- Have access to settings where their children can engage and play with peers
- Are supported in early education and care settings
- Seek parenting support
- Have access to quality early education or playgroups

### Where you can get more information:



[playgroupaustralia.org.au](http://playgroupaustralia.org.au)  
[www.earlychildhoodaustralia.org.au](http://www.earlychildhoodaustralia.org.au)

### Who can help:

- Talk to your maternal child health nurse or GP
- When things are tough, seek support from family, friends, the community or a support service
- Connect to your local playgroup
- Talk to your children's early years educators about your child's development, their success and their struggles